

BI-POLAR DISORDER

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- Also known as Manic-depressive illness
- At least 2 million Americans suffer from manic-depression illness and for those afflicted it is extremely distressing and disruptive
- This is a brain disorder involving episodes of serious mania and depression
- The person's mood usually swings from overly "high" and irritable to sad and hopeless, and then back again, with periods of normal mood in-between
- BI-POLAR disorder usually begins in adolescence or early adulthood and continues throughout life
- It is estimated that one out of 7 Americans are suffer from some type of serious depression
- Chances are that if you are not affected now, chances are that at some point in your life, you yourself or someone you know will become affected
- Research indicates that only 1/3 of those with manic-depression will get proper treatment
- If given proper treatment approximately 80% of patients with manic depression can become successful in leading productive lives and return to a higher quality of life

Symptoms of Depression:

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite and sleep patterns
- Irritability, anger, worry, agitation, anxiety
- Pessimism, indifference
- Loss of energy, persistent lethargy
- Feelings of guilt, worthlessness
- Inability to concentrate, indecisiveness
- Inability to take pleasure in former interests, social withdrawal
- Unexplained aches and pains
- Recurring thoughts of death or suicide

Symptoms of Mania:

- Heightened mood, exaggerated optimism and self-confidence
 - Decreased need for sleep without experiencing fatigue
 - Grandiose delusions, inflated sense of self-importance
 - Excessive irritability, aggressive behaviors
 - Increased physical and mental activity
 - Racing speech, flight of ideas, impulsiveness
 - Poor judgment, easily distracted
 - Reckless behavior such as spending sprees, rash business decisions, erratic driving, sexual indiscretions
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- This disorder is not a character flaw and it is not your fault
 - It is a serious mood disorder which affects a person's ability to function in everyday activities at work, in the family and one's social life
 - Contrary to the popular misconceptions about BI-POLAR disorder, it is NOT a purely biochemical or medical disorder
 - The best form of treatment is a combination of medication and psychotherapy
 - If left untreated, BI-POLAR disorder tends to worsen and the person experiences episodes of full fledged mania and clinical depression
 - Some medications that are used with BI-POLAR disorder are Lithium, Depakote and Tegretol
 - There is an elevated chance of someone getting this disorder if there is a family history of major depression